

5 a Day-Power Play!

News



Breakfast Helps Jumpstart Your Day!

Getting kids off to school can often be a struggle. In the hustle and bustle, don't skip the most important meal of the day. Breakfast keeps kids on target for meeting their nutrient needs and for being ready to learn.

Starting the school day with breakfast is an important part of better performance in the classroom. Research shows that kids who eat breakfast miss fewer days, do better with hand-eye coordination, and have better verbal fluency. Did you know that kids are also easier to get along with when they eat breakfast?

Most school districts serve breakfast, which is a great option for those kids who don't have time to eat at home. Remember, children learn by example. If you skip breakfast, your kids may feel it's okay for

them to skip as well. Start the day off right by enjoying breakfast with your children or encouraging them to eat breakfast at school.

There are tons of quick and easy ways to prepare breakfast ahead of time, and kids will like them too. One way is to combine unsweetened cereal, dried fruit, and nuts or shelled sunflower seeds in a snack baggie the night before. Or you could mix a larger batch and store it in a plastic container with a tightly fitting lid so it doesn't go stale. Preparing this nutritious breakfast only takes about 5 minutes, and your kids can help you.

Remember, children and adults need at least 5 servings of fruits and vegetables and 60 minutes of physical activity everyday for better health!

(Source: American Dietetic Association)

5 a Day-Power Play! Campaign

Volume 1, Issue 2

Newsletter Date

On the Run? Breakfast choices in 3 minutes or less:

- Unsweetened cereal, 1% milk, & fruit
- Whole wheat toast & jam
- Fresh fruit or instant oatmeal
- Bagel or English muffin & peanut butter
- Low-fat granola with yogurt or milk
- Low-fat cottage cheese & canned fruit
- Low-fat frozen waffles
- Try a breakfast burrito or peanut butter & jelly rolled in a tortilla

Power Up With Breakfast

Try these tips to make breakfast a habit in your house:

- *Be a role model:* If you want your kids to eat breakfast, eat it yourself
- *Keep breakfast foods on hand:* Have a least 2 easy-to-serve items from each food group
- *Make it easy:* Keep breakfast foods highly visible & in convenient spots for kids to grab
- *Try school breakfast:* Encourage kids to eat school breakfast if they don't have a chance to eat at home

Ways to Make Breakfast Healthy and Fun:

- Add raisins, berries, and other fresh or dried fruits to cereal
- Buy low-fat yogurt, fruit juice, and fresh, canned, or frozen fruit to blend a quick fruit smoothie
- Have 100% fruit juice in easy-to-tote boxes or cans on hand
- Keep a big bowl of ripe fruit handy for anyone to choose from on their way out

For more information about the **5 a Day-Power Play! Campaign**,

please contact:

Melodee Lopez, R.D.

at (909) 387-6320

Or visit our website at

www.sbcounty.gov/eatwell